

1

CENTRING PRAYER

"Deep calls to deep..."

PSALM 42:7

2

"DO YOU NOT KNOW THAT
YOUR BODIES ARE TEMPLES
OF THE HOLY SPIRIT, WHO IS
IN YOU, WHOM YOU HAVE
RECEIVED FROM GOD?"

1 CORINTHIANS 6:19

3

*When the waves of life are
crashing over us we can dive into
the still ocean depths of our souls
and be held in the strong current
of God's loving presence.*

4

FIND A QUIET PLACE

Sit in a way that allows you to be relaxed in body and alert in mind.

Gently close your eyes.

State your intention to God e.g. to come into his presence, seek refreshing, or need for peace.

Become aware of your breathing

5

CHOOSE A 'SACRED WORD'

This is a word or short phrase that helps you to 'let go of thoughts and open yourself to the presence of God.

Generally 'sacred words' fall into one of two categories:

- 'God' words/phrases such as "Abba", "Jesus", "Come Lord"
- 'state' words/phrases such as "love", "peace", "be still".

6

BREATHE THE WORD

Say the word or phrase in your mind each time you breathe out.

It may feel appropriate at any point to change the word or phrase.

Allow it to lead you into the depths of your being to the place of silence and an encounter with God.

7

FIND THE STILL CENTRE

At some point you may no longer need to say the word, but revel in God's presence and just be.

It may only be a fleeting moment but as you practice you may find you can embrace the stillness and silence for a little longer each time.

8

DISTRACTING THOUGHTS

It is common to have thoughts of various kinds that may distract you at any stage of this process.

Simply acknowledge them, lay them aside and return to concentrating on your breathing.

When ready, re-introduce the word, and descend once more to the depths of your soul to find God.

9

RESURFACE

After twenty minutes or so, breathe deeply, thank God for his presence in your heart, get up and go about your business!

10

START GENTLY & PERSEVERE

When you begin this practice, or if you're particularly restless, you may like to try a shorter span of time, 10 or even 5 minutes at a time.

You may find it helpful to set an alarm so you're not distracted worrying about how long it's been!

It may take a while to become familiar with this way of prayer but it's worth persevering !